

# Crafting for Your Mental Health

## Chaves County Cooperative Extension Service



ACES Pillars for Economic and  
Community Development



### THE SITUATION:

According to the World Health Organization (WHO) there is “no health without mental health”. According to NM Health, Mental health also has a serious impact on physical health and is associated with the prevalence, progression, and outcome of some of today’s most pressing chronic diseases, including diabetes, heart disease, and cancer. Mental health includes our emotional, psychological, and social well-being. It impacts everyday life, work, and relationships. It determines how we think, feel, and act. Mental Health is important at each stage of life from childhood through adulthood.

Creativity and socialization both have significant positive impacts on mental health, with studies showing they can reduce stress, anxiety, depression, and promote feelings of well-being by providing avenues for self-expression, social connection, and a sense of accomplishment through engaging in creative activities with others; essentially acting as a protective factor against mental health issues.

**IMPACTS:** Yearly contacts include 159 in contact numbers - average monthly attendance is close to 20 between the two sites.

Pre and Post surveys showed

- 100% of participants felt a sense of accomplishment or satisfaction from participating in the days activities.
- 100% of participants found the breathing techniques beneficial in managing stress with 28% planning to use them outside of the program.
- 57% reported feeling better after participating in the day’s session as compared to before.
- 100% experienced a reduction in stress or improvement in mood during the session with 57% reporting a signification reduction/improvement.

In addition to the survey results throughout the year we have seen an increase in laughter and communication during the sessions, have witnessed an increase in confidence when it comes to what they are creating and have watched many seniors come out of the shell.

### EXTENSION RESPONSE:

STamara Schubert, Chaves County Family and Consumer Sciences Educator designed monthly Crafting for Your Mental Health programs at two locations- ENMMC Senior Circle and Hagerman Joy Center. Monthly programs focused on breathing techniques from Mind Matters for stress reduction and body awareness and included a crafting activity.

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### PUBLIC VALUE STATEMENT:

WHEN YOU ARE MENTALLY HEALTHY, YOU CAN PARTICIPATE MORE IN YOUR COMMUNITY AND HAVE A GREATER SENSE OF PURPOSE AND MEANING IN YOUR LIFE. IMPROVING MENTAL HEALTH CAN INCREASE QUALITY OF LIFE AND SAVE MILLIONS OF DOLLARS IN COLLECTIVE HEALTHCARE COSTS



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